



State of Arizona
Department of Education

Tom Horne
Superintendent of
Public Instruction

Memorandum

June 24, 2005
CACFP CN# 38-05

To: Child and Adult Care Food Program Family Childcare Home Sponsoring Organizations

From: Mary Szafranski, Deputy Associate Superintendent
Health and Nutrition Services

Melissa Steinle, Director
Child and Adult Care Food Program

Subject: Child and Adult Care Food Program Minimum Nutrition Standards

The Arizona Department of Education, Child and Adult Care Food Program promotes nutritious meals served to participants while in care. Facilities that participate on CACFP ensure no more than two high sugar/high fat items are served not more frequently twice per week. High sugar/high fat items may be used only during breakfast or snack. (High fat meats and vegetables may be served during lunch and supper.) High sugar/high fat products include, but are not limited to:

Muffins	Brownies	Cookies	Toaster pastry	Donuts
Pudding	Gelatin with fruit	Pop tarts	Cookies	Granola bars
Danish	Cinnamon rolls	Custard	Cake	Quick breads
Chocolate milk	Flavored milk	Animal crackers	Vanilla wafers	Graham crackers
Syrup	Honey	Jelly	Jam	Rice Crispy bar
Added sugar to breakfast cereal	High sugar breakfast cereals	Dipping sauces (Ranch dressing)	Processed lunch meats	French fries
Sausage	Tater tots	Salami/pepperoni	Hot dogs	Corn dogs

Even though many items identified above are not reimbursable, such items frequently appear on menus. CACFP encourages the use of seasonal fresh fruits and vegetables, whole grain products and high quality proteins. CACFP facilities need to serve a variety of quality foods to ensure children obtain optimal nutrients for growth and development.

Please feel free to contact your assigned specialist or the Health and Nutrition Office at 602.542.8700 if you have questions.